Supernatural Sunday November 27, 2022
My Mind
Part 7: Maintaining A Positive Mindset

God is interested in our thinking

Psalms 139:1-2
1 O LORD, You have searched me and known me.
2 You know my sitting down and my rising up; you understand my thought afar off.

God is omniscient. He knows all the details of our lives. He knows when we sit down and when we rise. He knows our innermost details. He knows what goes on in our minds, our thoughts, emotions, and feelings. He is touched by our feelings of weaknesses (Hebrews 4:15). Why would God engage with us in such detail? Because He is interested in us and cares for us. He is interested in the way we think. He is interested in our thoughts.

The impact of how we think

Proverbs 23:7
For as he thinks in his heart, so is he. "Eat and drink!" he says to you, but his heart is not with you.

While we understand the context of Proverbs 23:7, the part we wish to emphasize is that the man is as he thinks and not what he pretends to be. As he thinks, so is he. As we think, so are we.

Our thinking influences our behaviors and lifestyles and who we are as people. Where the mind goes, the man follows.

3 John 1:2
Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

Our well-being, including how we do physically with our health and in all things is connected to our soul prospering. If our soul prospers, that is, if we are doing well mentally and emotionally, we will do well in other areas too.

One of the important indicators of a healthy soul is thinking positive or having a positive mindset. Thinking positive and maintaining a positive mindset will help us enjoy life's journey, through its varying seasons. A positive mindset enables us to overcome

adversity and challenges. A positive mindset helps us stay cheerful and optimistic even during stressful situations. It is also an established fact that a positive mindset has the benefit of psychological and physical well-being.

Although some of us may categorize ourselves as pessimists, positive thinking and a positive mindset can be learned and developed. You can learn to intentionally think, imagine, and respond positively in all of life's situations.

How do we develop and maintain a positive mindset?

Life and ministry were not easy for the great apostle Paul. Just because he was called to be an apostle, write much of the New Testament and plant churches across the Mediterranean did not mean that life would be easy. Paul the apostle had to endure challenges. Yet, look at his approach to life:

Philippians 4:12-13
12 I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.
13 I can do all things through Christ who strengthens me.

Philippians 4:12-13 (NASB)
I know what it means to lack, and I know what it means to experience overwhelming abundance. For I'm trained in the secret of overcoming all things, whether in fullness or in hunger. And I find that the strength of Christ's explosive power infuses me to conquer every difficulty.

In every situation his attitude was "I can". He believed he would "conquer every difficulty". Of course, this was not on his own. He knew the strength that came through Christ.

This is what we are interested in. How can we as believers develop and maintain an "I can" mindset? How can we maintain a I will "conquer every difficulty" mindset, through our faith in Christ?

Let us discover from the Scriptures how to live life and approach challenges and adversity with a positive mindset and optimism.

We will look at six practices that will help us develop and maintain positive faith-filled mindset.

#1, Develop and maintain a Bible-based self-image

What is inside of us affects what happens in our lives (Proverbs 4:23). An important part of this is the self-image we carry inside of ourselves. What do you really think about yourself? What is the image you carry within you of yourself?

Look into the mirror of His Word

James 1:23-25 teaches us that the Word of God is like a mirror. We look into the mirror to get a true image (picture) of ourselves. Let God's Word be the source of your self-image, your identity. Don't base your self-image on what people say about you. It is nice when people say good things about you. But it is possible that the same people could change what they say about you. Let the Word of God be the basis of your identity.

Repaint your portrait according to your identity in Christ

Philemon 1:6
that the sharing of your faith may become effective by the acknowledgment of every good thing which is in you in Christ Jesus.

The New Testament teaches us that we are new creation in Christ Jesus and unveils to us our new life and identity in Christ. We must discover who we are in Christ and then acknowledge the good things that are in us in Christ. We need to repaint our self-portrait based on who we are in Christ.

We encourage you to refer to the free APC Book: "Who We Are In Christ" to help you discover your life and identity as a new creation in Christ.

Warriors with a grasshopper image

As God brought His people out of slavery in Egypt and was leading them into the Promised Land, He assured them that they would conquer nations greater and mightier than themselves (Deuteronomy 7:1). They were encamped on the east side of the river Jordan in the Wilderness of Paran. God reminded them once again that He was giving the land to them and that spies were to be sent out to survey the land in preparation for their entrance (Numbers 13:1-3). Twelve spies were sent to survey the land and get back with a report.

All twelve spies sent to spy the land saw the same giants. Ten of them saw themselves as grasshoppers before the giants and were immediately defeated in their thinking.

They lost the battle right at that moment. Negative thinking or speaking can cripple and defeat us even before the fight begins! This is what they reported:

Numbers 13:33
There we saw the giants (the descendants of Anak came from the giants); and we were like grasshoppers in our own sight, and so we were in their sight."

Two others, Joshua and Caleb saw the giants as "bread," ready to be eaten. They saw victory! The battle had already been won as far as they were concerned. This is what they said:

Numbers 13:30
Then Caleb quieted the people before Moses, and said, "Let us go up at once and take possession, for we are well able to overcome it."

Numbers 14:9
Only do not rebel against the LORD, nor fear the people of the land, for they are our bread; their protection has departed from them, and the LORD is with us. Do not fear them."

When you look at situations and challenges, look as them from your place in Christ, based on your identity in Christ. You will always be able to look at things as more than a conqueror in Christ.

#2, Practice renewed thinking

We have learnt about renewed thinking in an earlier chapter. God invites us to think His thoughts and walk His ways. We do this by His Word. Renewed thinking is aligning our thinking to God's thinking by aligning our thinking to God's Word. Always think aligned to God's Word. We also learn to align our thinking to visions, dreams, and ideas, which the Holy Spirit is imparting to us.

"You give them something to eat"

Think about the situation in Matthew 14 when Jesus tells His disciples to feed five thousand people and more.

Matthew 14:16
But Jesus said to them, "They do not need to go away. You give them something to eat."

When we read the parallel account of this incident in the Gospels, we learn that the disciples wondered which bakery could provide so much food all at once. They also tried

to do a cost estimate of how much money they would need to buy that much bread to feed the people.

The fact that Jesus posed the challenge to His disciples telling them *"you give them something to eat",* is a clear indicator to us that God invites us to do things beyond ourselves. If we think that God only gives us tasks according to our ability, we are mistaken. God often call us to do things that are way beyond ourselves.

To co-labor with God, we must think with Him. God sees the invisible. God calls the intangible. God does the impossible. For God, feeding five thousand people and more is a clear possibility. We must learn to think with Him. We must eliminate negative thinking. We must eliminate finite thinking. We must think in terms of miracles.

Ephesians 3:20
Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us.

God can do beyond what we can think. We need to renew our thinking. We must learn to think in terms of what God can do. Think success when faced with failure. Think positive when faced with negative news. Think possibility when faced with an impossibility. Think miracles when there are no options in the natural.

When God gives a vision, there will be provision.

1 Corinthians 2:9
But as it is written: "Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him."

Expect the unexpected. See what is not yet visible. Imagine what has not yet been imagined.

#3, Picture, pray and proclaim the promises of God fulfilled

A third practice that helps us develop and maintain a positive mindset is to always picture, pray and proclaim the promises of God fulfilled. There is a beginning and an ending to every matter. God declares the end from the beginning (Isaiah 46:10). God sees and announces the end at the beginning. God completes the work in His mind even before He begins His work (Hebrews 4:3).

When we walk with God, we must learn to see the end from the beginning.

The apostle Paul highlights in Romans 4:17 that when God called Abram, God told Abram "I have made you a father of many nations". He did not tell Abram, "I am going to make you…". This would also have been true. But God intentionally declared "I have made you…". God spoke of Abram, as what he would be at the end.

Romans 4:17
(As it is written, "I have made you a father of many nations") in the presence of Him whom he believed—God, who gives life to the dead and calls those things which do not exist as though they did God calls things that do not exist as though they did.

"Abraham count the stars!"

Abram had to learn to walk with God. About fifteen years into his walk with God, Abraham began to doubt God's promise to him (Genesis 15). He began to question God. Here is what God did.

Genesis 15:5
Then He brought him outside and said, "Look now toward heaven, and count the stars if you are able to number them." And He said to him, "So shall your descendants be."

God told Abram to look at the stars. He told him to count the stars. As Abram began counting, soon the magnitude and greatness of what God was going to do captured his imagination. In his mind was an image of the starry heavens, with innumerable stars, representing the fulfillment of God's promise to him. This is how many descendants you will have. Later, God painted another image for Abraham, that of the sand on the seashore (Genesis 22:17). Abraham could picture God's promise fulfilled by just visualizing the starry heavens and sandy seashore.

We must visualize the promises of God becoming a reality in our lives. We must pray from that vantage point – seeing God's promises fulfilled. Seeing ourselves in the fulfillment of all that God has promised for our lives.

Abraham learned to do this. Imagine Abraham living, walking and talking with this picture in his mind. His mind was seeing the promise of God fulfilled. Anytime anyone asked about his children, even though at that moment he had none, his mind would immediately bring up the image of innumerable stars in the night sky, and the innumerable grains of sand on the seashore. This was a picture of his descendants. Even though he may have explained that at the moment Sarah and himself did not have any children, inside him, he was full of faith, expectation and excitement. Because as far as

he was concerned, the promise God gave him was a ”done thing”. He could see it. And soon he became!

Hebrews 11:12
Therefore from one man, and him as good as dead, were born as many as the stars of the sky in multitude—innumerable as the sand which is by the seashore.

See the end result.
Have a success mindset even in the middle of failure.
Always maintain winning thinking.
Have a winning mindset even in defeat.
Think like a champion athlete.

Envision yourself being and doing all that God said you will be and do

#4, Be strong mentally – don’t quit

The fourth practice in developing and maintaining a positive mindset is to be strong mentally and refuse to get discouraged. Don’t let discouragement get the better of you.

Life is not easy. There will be challenges along the way and we will feel like giving up. But this is where we need to be strong mentally and refuse to quit.

How do we stay strong mentally?

Tired of fighting? – focus on Jesus

In Hebrews 12:1-4 the writer of Hebrews recognizes that we could get tired and discouraged mentally and emotionally in striving against sin and evil. He encourages us to look to Jesus, draw strength from His life and example.

Discouraged along the way? – look at the destination

The people of Israel got discouraged often as they journeyed from Egypt to the land of Promise. Numbers 21:4-5 tells us that they “became very discouraged on the way”. They started complaining and blaming Moses for the way they were feeling. Isn’t that so true of us? We blame others for how we are feeling.

The problem was they were looking back at Egypt instead of looking ahead at the Promised Land, the place where God was taking them.

Stay encouraged by looking at where God is taking you. Don't let the present situation discourage you and rob you of your destination.

Greatly distressed? - Strengthen yourself in God

David and his men were away in battle, when another tribe, the Amalekites attacked their tents and took everything away. They had lost everything, and David's men were completely discouraged (1 Samuel 30).

Yet, in the middle of such a devastating situation David stayed strong. He stayed hopeful in God. He refused to accept defeat as the final outcome. He strengthened himself in God and received instruction from God on how to resolve the situation (1 Samuel 30:6-7).

Strengthen yourself in God by waiting, resting, quieting, calming yourself in His presence and listening to God.

#5, Keep hope alive at all times

Hope is having expectation for something good to happen. Hope is the anticipation of a positive outcome. It is being optimistic.

As we learn to develop and maintain a positive mindset, we must learn to be hopeful at all times. Keep optimism alive. Keep positivity alive. Keep expectations alive. All the time.

Hope is the anchor of the soul.

Hebrews 6:19
This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil.

Hope steadies the soul, just as an anchor steadies the ship in the middle of the winds and waves. Our hope anchors us by connecting us to God, to the "Presence behind the veil".

Faith and hope are twins. They need each other and always work together. Without hope faith cannot be exercised. Faith brings into being what hope stands in expectation of.

Hebrews 11:1
Now faith is the substance of things hoped for, the evidence of things not seen.

Once again, Abraham is a great example of a man who kept hope alive even when the situation seemed to be hopeless.

Romans 4:18
who, contrary to hope, in hope believed, so that he became the father of many nations, according to what was spoken, "SO SHALL YOUR DESCENDANTS BE."

Abraham believed according to what God had spoken. He could have hope because he had the promise of God for that situation.

My cup overflows

Psalm 23:5-6
5 You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over.
6 Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever.

Let hope be kept alive in every situation based on the promise of God. Psalm 23 is for all of us, and in all situations. We must be fully established in the promise of God.

Be settled in the fact that God will make your cup to overflow. This is His Word. See this promise fulfilled. This will always fill us with hope. We learn to always think in terms of an overflowing cup.

I think “my cup overflows” when it is full and overflowing.
I think “my cup overflows” when it is half-full.
I think “my cup overflows” when I have no cup to hold.
I think “my cup overflows” even when there is no table to sit at!
I always stay hopeful.
His Word keeps hope alive in me!

#6, Stay single-minded

One final practice we must develop and maintain to have a positive mindset is to be single-minded. To be single-minded is to be fully convinced, to be fully persuaded, to be

unwavering about a matter. We must be clear about what we know and what we believe and be settled about that.

Psalm 119:113
I hate the double-minded, but I love Your law.

James 1:8
he is a double-minded man, unstable in all his ways.

Double mindedness brings instability. Double mindedness keeps us vacillating between two opposites and leaves us indecisive about things.

Avoid being double-minded, be fully persuaded in your mind

Be single-minded about who God is, His nature and His Word. God is a good God. God is good all the time, even in situations I do not understand. God is who He said He is as revealed through His covenant names. God is clearly revealed to us in the person of Jesus Christ. There is no ambiguity on what He taught and what He did. There are no two ways about this matter. We can be single-minded, fully convinced, absolutely persuaded, and firmly settled in these matters. When you are single-minded on these matters, you can stay positive knowing that God is for you and not against you, in every situation.

In our Christian walk, we need to be single-minded and absolutely convinced about where we stand on moral and behavior matters such as drinking strong drinks, pornography, smoking, drugs, etc. We need to be certain that these are not pleasing to God and therefore need to stay away from them. When you are single-minded on these matters, you do not have the "fear of missing out" or that you are not having fun. You are absolutely excited that you are able to live free from these things, are not dependent on these behaviors, and that God delights in those who choose to be godly!

REVIEW
Six practices for developing and maintain a positive mindset:

#1, Develop and maintain a Bible-based self-image
#2, Practice renewed thinking - Think in terms of miracles
#3, Picture, pray and proclaim the promises of God fulfilled
#4, Be strong mentally – don't quit
#5, Keep hope alive at all times
#6, Stay single-minded

SALVATION CALL

SUPERNATURAL MINISTRY TIME

Minister as the Spirit leads

LIFE GROUP STUDY GUIDE

Supernatural Sunday November 27, 2022
My Mind
Part 7: Maintaining A Positive Mindset

The is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 2 hours. Each Life Group would have up to 12-15 people.

Preparation
To prepare for the Life Group meeting, you can listen to the Sermon Key Points (sermon summary in five minutes) or the full-length Sunday sermon. You can also review the Sunday Sermon notes. All these are available in the "All Peoples Church Bangalore" mobile App or online at our sermons page . Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

Welcome
The Life Group meeting may commence with a time of prayer, worship, and a fun activity.

LISTEN to God's Word
Read the following Scripture references: Philippians 4:12-13; Philemon 1:6

INVESTIGATE God's Word Together
Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.

1, Why is it important to maintain a positive mindset or to be hopeful and optimistic in every situation?
2, Review briefly the six practices we find in Scripture that help us develop and maintain a positive mindset. Discuss at least one way you can practice each.
#1, Develop and maintain a Bible-based self-image
#2, Practice renewed thinking - Think in terms of miracles
#3, Picture, pray and proclaim the promises of God fulfilled

#4, Be strong mentally – don't quit
#5, Keep hope alive at all times
#6, Stay single-minded

If time permits, each one can take a few (3 minutes max) to share one or two key learning and how they see themselves applying it into their specific life situations. Encourage each one to participate and share.

FELLOWSHIP by sharing your life and spiritual journey
Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

ENCOURAGE each other by praying and ministering to one another
Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:
1, families to be protected and strengthened
2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.
3, for the BUILD TO IMPACT project - for God's hand to guide us through the land search and acquisition process, and for finances to be more than enough to get this project done.

Close by thanking God together.

USEFUL RESOURCES

Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.
YOUTUBE: https://youtube.com/allpeopleschurchbangalore
WEBSITE: https://apcwo.org/live

Our other websites and free resources:
CHURCH: https://apcwo.org
FREE SERMONS: https://apcwo.org/resources/sermons
FREE BOOKS: https://apcwo.org/books/english
DAILY DEVOTIONALS: https://apcwo.org/resources/daily-devotional
JESUS CHRIST: https://examiningjesus.com
BIBLE COLLEGE: https://apcbiblecollege.org
E-LEARNING: https://apcbiblecollege.org/elearn
WEEKEND SCHOOLS: https://apcwo.org/ministries/weekend-schools
COUNSELING: https://chrysalislife.org
MUSIC: https://apcmusic.org
MINISTERS FELLOWSHIP: https://pamfi.org
CHURCH APP: https://apcwo.org/app
CHURCHES: https://apcwo.org/ministries/churches
WORLD MISSIONS: https://apcworldmissions.org

SERMON OUTLINE

In this sermon we discuss the importance and benefits of having a positive mindset, being optimistic and hopeful in all situations. We learn six Biblical practices for developing and maintain a positive mindset: (a)Develop and maintain a Bible-based self-image (b) Practice renewed thinking - Think in terms of miracles (c) Picture, pray and proclaim the promises of God fulfilled (d) Be strong mentally – don't quit (e) Keep hope alive at all times (f) Stay single-minded.

Mental health has to do with how you are doing in your soul - your mind, will and emotions. It has to do with your emotional and psychological well-being. Having good mental health, being sound, well and whole in your soul is important because it affects how we feel, think, and behave. It affects how we go about life, how we relate to others, how we face challenges and handle difficult situations and how we do things we are responsible for - education, work, etc. When we are doing well mentally, we can enjoy life, enjoy meaningful relationships, enjoy work, overcome life's challenges, be productive, keep growing towards our full potential and make meaningful contributions to those around us. The fact is that all of us face challenges at one point or another, with our mental health, our emotional and psychological well-being. There is nothing wrong

in recognizing the difficulties you are facing, getting help, and addressing those mental health challenges in a positive way.

In this sermon series we discover a Biblical approach towards training and developing our soul, so that we can maintain good mental health, live with soundness, wellness, and wholeness in our mind, with a good, healthy positive mindset. In part 1, we discuss "The Mind, Imagination and Mental Health." In part 2, we address the topics of "Concentration, Distractions, Wandering". In part 3, we try to understand how "Temptations, Addictions, Deceptions" work and how to overcome these. In part 4, we learn about "Controlling Your Thoughts, Training Your Thinking" so we can use our faculties effectively. In part 5, we discover the important discipline of "Renewing Your Mind and Renewed Thinking", that transforms our way of life. In part 6, we learn the Biblical way to "Overcoming Negative Thoughts", an important area for all of us. In part 7: we understand the importance of "Maintaining a Positive Mindset".

KEYWORDS

mind, mental health, mood, positive mindset, peace of mind, mental fitness, mental well-being, emotional well-being, controlling my thoughts, training my mind, renewed mind, renewing my mind, spiritual mind, Bible and mental health, Biblical mental health, negative thoughts, emotional disorders, mental illness, concentration, distraction, temptations, addictions, negative thoughts, sermon, sermons, sermon notes, sermon outline, free sermon notes, free sermon outlines, Bible study resources

REFERENCES/CITATIONS

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